

Resources on Healthy Weight Loss

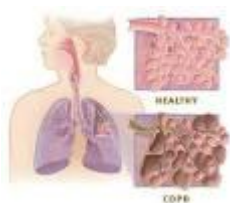
Your health care providers give you a lot of great information to help you stay as healthy as possible. But sometimes you have more questions than your provider has time for answers. Here are some resources you can use to learn more about healthy weight loss. Use the worksheet on the back to prepare for your clinic visit.

.....

Books



Check with your local VA hospital or public library to find good titles on healthy weight loss.



Pictures

MedlinePlus: Weight Management Tutorial
<http://www.nlm.nih.gov/medlineplus/tutorials/weightmanagement/htm/index.htm>



Web Information

Department of Veterans Affairs
MOVE! Program
<http://www.move.va.gov/>

National Institute of Health Weight-Control
Information Network (WIN)
<http://www.win.niddk.nih.gov/>

Center for Disease Control: Healthy Weight
<http://www.cdc.gov/healthyweight>

MedlinePlus: Weight Control
<http://www.nlm.nih.gov/medlineplus/weightcontrol.html>

MedlinePlus: Diets
<http://www.nlm.nih.gov/medlineplus/diets.html>

Web Information (cont.)

Harvard School of Public Health: Healthy Weight
<http://www.hsph.harvard.edu/nutritionsource/healthy-weight/>

John Hopkins Health Alerts: Nutrition & Weight Control
http://www.johnshopkinshealthalerts.com/alerts/nutrition_weight_control/

Mayo Clinic: Weight-Loss Basics
<http://www.mayoclinic.org/healthy-living/weight-loss/basics/weightloss-basics/hlv-20049483>

American Diabetes Association: Weight Loss
<http://www.diabetes.org/food-and-fitness/fitness/weight-loss/>

American Heart Association: Weight Management
http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/Weight-Management_UCM_001081_SubHomePage.jsp

The Consumer Health Library Panel (CHLP), a group of professional librarians from the VA Library Network, developed this for you. You can find other information from the CHLP on the web at
<http://www.va.gov/LIBRARY/VALNET/ConsumerHealth.asp>

Remember that your VA Librarians can help you find the health information you need.

(Over)

TeamTalk

You and Your Health Care Team

You are a key part of your health care team, and it is important to tell your team members what they need to know to treat you correctly. To make the most of your visits, fill out this worksheet and share it with your health care team at the **beginning** of your visit.

I am here today because: _____

I am most concerned about (symptom or health question): _____

My symptoms are (be specific): _____

The symptoms started: _____

I want to know more about: _____

Use this space to list your top 3 questions (be brief; put your most important question first):

1) _____

2) _____

3) _____

Key points my health care provider told me about my health today: _____

Actions I need to take: _____

I plan to go to my VA Librarian and ask about (ask a member of your team to print the name of the disease or medicine you want to know more about): _____
